

# *Flight: A Living, Breathing Document of Consciousness*

Volume 10 Issue 106, April 2021



*Articles and excerpts that will inform and inspire!*

### A Letter from the Editor:



They say that "April showers bring May flowers." They actually do more for us, at least when we live in Canada. They help to dilute and melt the remaining snow, and they also wash away accumulated snow mold. Yes, my non-Canadian readers, that is actually a thing. But don't worry, I did not know about it until I was around 11 years of age and developed a life-threatening allergy to the stuff. Snow mold grows under the snow over the long months of winter. Then, in Spring, it becomes air bourn and is breathed in by every living creature in the vicinity. But for some of us, that is a very, Very, VERY bad thing. So I am more than elated when the showers come along and wash it all away or soak it down into the soil instead of allowing it to fly around me and get into my respiratory system. And, just as an added bonus, we get to see flowers begin to bloom soon after that!

This Springtime issue is a really good read! We have some upcoming events that may be of great interest to you, we have some adorable critters that are available for adoption at a local rescue shelter, we have the Rock Talk article that is educating us on Picture Jasper, a poem and a couple of articles by yours, truly, information on Toad medicine, and lots of cool stuff from the 2021 Farmer's Almanac. Thank you to all of my contributors. Your work is always appreciated.

As usual, please feel free to forward this on to whomever may have interest. And if you want your own free subscription to this newsletter, please let me know at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and I will make that happen for you. If you have businesses or events that you would like to advertise in this newsletter, please forward all information on that to me at the same email address. The prices for advertising are listed at the end of the newsletter. I am happy to say that this newsletter goes out to people all around our planet. The exposure is tremendous.

*Enjoy the read!*

*Trent Deerhorn*

Editor

# Upcoming Events

## THE MOONS OF 2021

The spring Pink Moon, ostensibly named for the pink Phlox flower bloom, rises **April 26 at 11:31 p.m. Eastern.**

This is also a Supermoon.

A Supermoon occurs when the Moon is full and particularly close to Earth in its elliptical orbit. The Supermoon will be visible over the course of April 26 and April 27, according to NASA.

“At its closest point, it is 226,000 miles from Earth and the [Super] Moon appears about 17 percent bigger and 30 percent brighter than the faintest Moon of the year,” according to [NASA](#).

The Pink Moon is also called Sprouting Grass Moon, Egg Moon, and the Fish Moon.

## *Pink Moon Cleanse from Llewellyn's 2021 Witches' Spell-A-Day Almanac)*

The full moon is a great time to cleanse and consecrate magical tools. Many people will place crystals, oils, herbs, and other magical accoutrements in the light of the moon to absorb its energy, but the truth is that full moon energy is present during the daylight hours, too.

Use today to inventory your magical tools, dismantling those that no longer serve you or giving away those that may find better homes with others. You should regularly charge and reaffirm those that you decide to keep or that you've only recently acquired. Choose a favorite magical oil, if you have one, or simply use plain olive oil or magically consecrated water. Anoint each tool by dabbing it and saying:

*I cleanse, consecrate, and empower this (tool)*

*so that it may serve my in my work. So mote it be.*

Allow your tools to sit in view of the sky over the course of the day, no matter the weather. Be careful with your colored quartz crystals, such as amethyst, as sunlight can cause them to fade over time. -Thorn Mooney



## rites by the water



During the COVID-19 Pandemic we will not be hosting any Public Outdoor events. Instead I will be hosting an online event instead on **Facebook Live on Saturday, May 1st at 3 pm.**

Spirituality is a very important thing in one's life so I will Publicly be sharing mine with the world.

This is a monthly celebration to give thanks to the Gods and the Goddesses, to get together once a month in Public Ritual. All we ask is that all that attend to so with an open heart and an open mind. As Pagans we do not discriminate against anyone, so we ask the same of those who attend. These Events are free... free for all who attend, free for all who are interested in a monthly open circle, free of all Prejudice. Blessed Be.

**This month's Rite is to Celebrate BELTANE.** Spring Equinox is the half way point to the Summer Solstice. It is where our thoughts turn to the planting of the seeds, where winter is no more and the World awakens completely all around us.





## BOOTS

BOOTS IS AN APPROXIMATELY 6 YEAR OLD BORDER COLLIE! THIS AMAZING LADY WILL STEAL YOUR HEART WHEN YOU MEET HER. BOOTS WAS IN A FANTASTIC HOME BUT UNFORTUNATELY SHE LOST HER OWNER THIS PAST SUMMER AND IS NOW WITH US. SHE HAS BEEN THROUGH A LOT BUT WITH A LOT OF LOVE AND REASSURANCE SHE HAS BECOME AN ACTIVE AND HAPPY GIRL ONCE AGAIN. BOOTS NEEDS A QUIET HOME WHERE THERE IS A LOT OF LOVE TO SHARE. BOOTS IS SPAYED, FULLY VACCINATED AND MICROCHIPPED.



WE ALL NEED A RESCUE (WANAR) IS DEDICATED TO SAVING THE LIVES OF SASKATCHEWAN DOGS. COVID-19 HAS ENDED ADOPTION DAYS AND SEVERELY LIMITED FUNDRAISING ABILITIES. WE ARE HOSTING DIFFERENT ONLINE FUNDRAISERS FOR WANAR SO BE SURE TO LIKE US ON FACEBOOK AT WE ALL NEED A RESCUE K9 RESCUE AND JOIN THE PAGE! PURCHASE TU-BEES HONEY FROM WE ALL NEED A RESCUE WITH SALES GOING TO HELP THE DOGS. TU-BEES IS A FLAVORED HONEY THAT COMES IN MAPLE, BLACK CHERRY, COCONUT, SASKATOON BERRY, RASPBERRY, LEMON AND CINNAMON. FOR MORE INFORMATION PLEASE CONTACT WE ALL NEED A RESCUE AT (306) 651-3647. YOU CAN ALSO VIEW OUR WEBSITE [HTTP://WWW.K9COUNTRYLODGE.CA](http://www.k9countrylodge.ca) AND THE RESCUES LOOK FORWARD TO MEETING YOU!



## XUBEE

XUBEE IS A GENTLE FLUFFY SWEETHEART WITH BEAUTIFUL GREEN EYES. SHE ENJOYS NAPPING IN CARBOARD BOXES AND ON THE TOP FLOOR OF HER CAT CONDO. WHILE XUBEE WILL TOLERATE A SHORT CUDDLE SHE DOES NOT LIKE TO BE HELD FOR LONG PERIODS OF TIME, BUT SHE WILL LIE DOWN NEAR YOU AND COME FOR PETS.

XUBEE IS LEARNING HOW TO DO KITTY THINGS, LIKE PLAY, AND ENJOYS CHASING CRINKLY TOYS & BALLS WITH BELLS INSIDE. SHE IS LITTER TRAINED, ENJOYS BEING GROOMED, AND HAS A HEALTHY APPETITE. XUBEE DOES NOT ENJOY LOUD NOISES OR SUDDEN MOVEMENTS AND WILL HIDE IF SHE FEELS UNSAFE. XUBEE WOULD DO BEST IN A QUIETER HOME. IT IS UNKNOWN IF SHE DOES WELL WITH OTHER ANIMALS.

ESTIMATED DATE OF BIRTH IS  
FEBRUARY 3, 2020



IF YOU ARE INTERESTED IN ADOPTING XUBEE OR ANOTHER KITTY PLEASE VISIT US AT [HTTP://WWW.STREETCAT.CA](http://www.streetcat.ca) OR EMAIL US AT [CONTACT@STREETCAT.CA](mailto:CONTACT@STREETCAT.CA) FOR MORE INFORMATION.



**CONGREGATIONALIST WICCAN**  
**ASSOCIATION OF SASKATCHEWAN**



**SKY RIVER TEMPLE**

Due to Covid-19 concerns all public gatherings have been put on hold until further notice, we are offering cyber rituals in the meantime. We will resume our public gatherings once it is deemed safe to do so. The health and safety of our community is our priority at this time.

We do have a YouTube channel featuring some rituals, and mediations.

<https://www.youtube.com/channel/UC4dIB2RNnb4Af3pz-J6HXDQ/videos>

Updates including links to any online rituals involving Sky River Temple can be found on our Facebook group

<https://www.facebook.com/groups/1449256155332915/>

Or on our website

<https://www.skyrivercwas.ca/>

Blessed be and stay healthy

## Improve Your English

*Airline ticket office, Copenhagen: **WE TAKE YOUR BAGS AND SEND THEM IN ALL DIRECTIONS***

## **SPRING HAS SPRUNG, THE GRASS IS RIZ...**

**By Gail Fulkerson**

Gaia is awakening.  
You can see her stirring in the melting snow,  
In the winds, both gentle and wild,  
That nudge and shake sleeping trees,  
Making their sap rise and flow.  
Her falling tears are as rain upon her skin.  
She calls out to the Sun  
To come closer,  
To warm the cold spots that froze  
When Winter took over  
From Fall.  
Lakes, rivers, and streams, freshen;  
Dormant, ice-covered waters,  
Flow once again with renewed vigor.  
It won't be long  
Before the first buds grow  
And burst open into new leaves on trees,  
And green shoots break open  
The supple ground.  
Beings of all shapes and sizes  
Emerge from their winter hibernations,  
Hungry for warmth, light,  
And companionship.  
When that happens,  
We will sing,  
Spring has sprung  
The grass is riz...  
You know the rest.



## Rock Talk

by Ave Riddler

### PICTURE JASPER

Found in colors that include shades of brown, tan, black, ivory, and rarely blue, the more rare formation of Picture Jasper and thusly a more costly type is called Biggs Picture Jasper (second photo) and offers slightly different properties than the more common.

Biggs Picture Jasper comes from Biggs, Oregon USA. A stone of Global awareness, it provides messages from the Earth. This jasper encourages a feeling of kinship with the Earth, and can help us work towards healing our planet. This formation of jasper would be a good stone to work with when using and advocating for alternative fuels, energy, and other sustainable green initiatives. The energy of Biggs Picture Jasper can help foster a bond and affinity between humankind, and the Earth. By meditating with this form of Jasper one can connect with the consciousness of the Earth. It can also be useful in helping to discover ley lines, which can be helpful in any kind of earth moving work, or building. Biggs Picture jasper resonates well with the third eye as well as root chakra.



Picture jasper can help bring hidden thoughts, grief, fears, and hopes to the surface, so that one can work through them, and face the underlying cause of them. Used for dream work the pictures and forms of markings can be used as a focus for the journey, and healing found within that realm.

A stone of proportion and harmony, this jasper can be used to help promote development, and continuance of business pursuits, while providing a focus to any activities that can lead to the increase of that business.

It is believed that Picture Jasper can provide links to the ancient knowledge of advanced and lost civilizations. Considered the “third eye” of the Earth, Picture Jasper can aid in any Earth-centered magics, or ceremonies, connecting to the ancient wisdom and power of the planet, and its elemental forces. Working with Picture Jasper in this format can provide a portal to connect with natural sacred spaces around the world. Picture Jasper



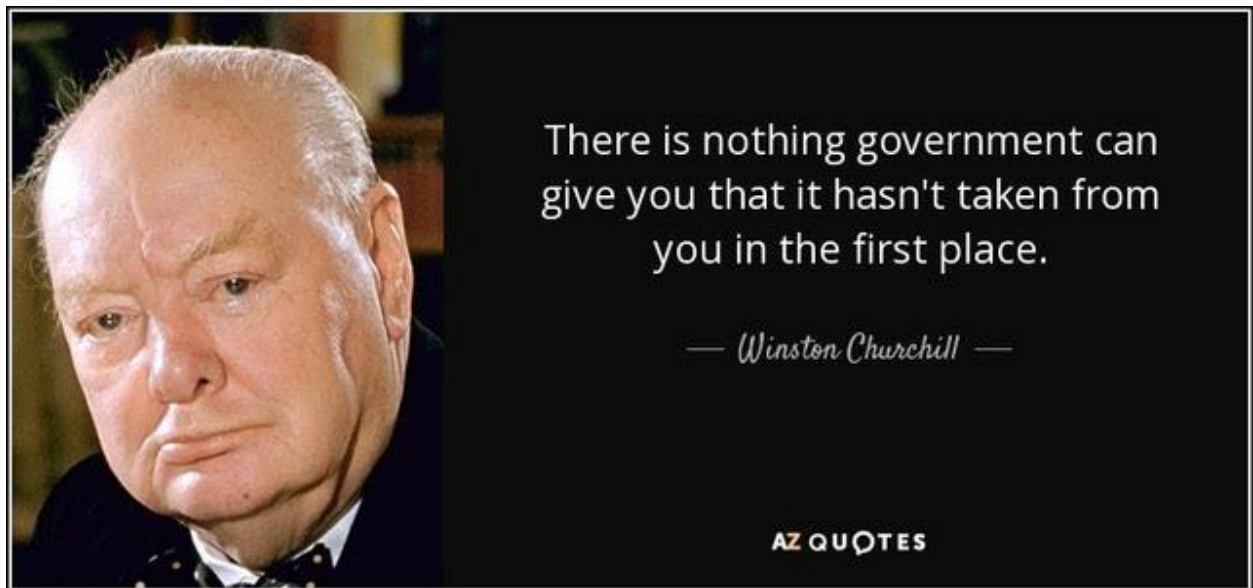


resonates best with the root chakra. This stone is also sacred to the Mother Goddess, as well as any Earth based Goddesses.

Physically it may be used as an aid in treatments to promote a healthy immune system, as well as to help promote healthy skin, and kidneys. It may also be used to support treatments that promote healthy bone growth and healing.

Paraphrased from "LOVE IS IN THE EARTH – A Kaleidoscope Of Crystals by Melody" and "THE BOOK OF STONES – Who They Are And What They Teach by Robert Simmons and Naisha Ahsian. With personal add- ins and details by myself (Ave)

## Quotes by Winston Churchill



# Grandma

by Trent Deerhorn

I remember you so well.

Your ankle length dark skirt and your

Crisp white blouse, buttoned to the top.

Your hands, long and slender and strong,

Covered in age spots and veins blue and deep.

Those hands made the most delicious teas

And biscuits that were a reason for anyone to live.

Puttering in the garden or gathering herbs in the meadows

Of the surrounding countryside, listening to you gently hum and

Sing songs of long ago.

I remember playing on your living room floor with blocks that

Looked like gingerbread cookies. Stacking them and creating things

With them while overhearing you and my mother talk about how soon

It would be appropriate to teach me this or that, all the magical stuff that

Has been passed down from one generation to the next...and then to me,

A boy who had, at that time, no idea of how magical he was.

I remember playing in your kitchen broom closet, and finding that there were

"Regular" brooms and "special" brooms.

And I still, to this day, have the special crystal that has been passed down through the

Family, one generation to the next, since time began.

And I am grateful for every instruction you gave, but most of all

For the love you shared with me every day of my life, until your passing.

And beyond.

## Higher IQ puns, or just cringe-worthy.

Shotgun wedding - a case of wife or death

## Thought for the Day:

Your subconscious mind has the answer.

If you are confronted with a problem and you cannot see an immediate answer, assume that your subconscious has the solution and is waiting to reveal it to you. If an answer does not come, turn the problem over to your deep mind prior to sleep. Keep on turning your request over to your subconscious until the answer comes. The response will be a certain 'feeling,' an inner awareness, whereby you 'know what to do.' Guidance in all things comes as the still small voice within: It reveals all.

-Brian Adams, *How to Succeed*

## Did You Know...?



## Indian Hills



## Paraprosdokians

The following are paraprosdokians. A paraprosdokian is a figure of speech in which the latter part of a sentence is unexpected and sometimes even humorous:

Women sometimes make fools of men, but most guys are the do-it-yourself type.

## Groaners

I was at an A.T.M. yesterday. A little old lady asked if I could check her balance, so I pushed her over.



## From Llewellyn's Witches' Calendar 2021

At twilight, toads can be found lumbering around my home. As a child, their presence spoke to me of fairytale cottages and Witches' gardens - you know, the kind with belladonna and wolfsbane growing just beyond the prying eyes of neighbors. Now, living in a cottage of my own, complete with a Witches' garden, toads speak to me of childhood and of those twilight hours that held more magic for me than I gave them credit for.

Seeing a toad in the dusky light of twilight reminds us that transition must happen in order for us to grow. A toad begins its life in the water, their eggs gelatinous clumps.



Once hatched, the toad begins an amazing metamorphosis that is all at once complex and beautiful.

In many Asian cultures, the toad symbolizes yin and can enable healing and attract prosperity. A popular symbol of prosperity in feng shui, the money toad is placed facing the entrance of the home to ensure the flow of wealth and bring good luck to the home.

It was quite the opposite in medieval Europe, where the presence of toads in a garden or home was sometimes used to identify Witches. Toad parts were used in folk cures, and it was believed that there was a magic stone, known as the toadstone, in their heads that could be used to pass on great power.

Today we know toads in the garden are beneficial, as they eat thousands of pesky insects and provide us with the pleasure of their soothing, throaty song as evening approaches.

### Inner Growth with the Toad

Life is hectic, and it's easy to get caught up in daily accomplishments for the benefit of others, be it your boss, your partner, or your children. During this time of new beginnings and growth, let's take a few minutes to plant the seed of personal expectations and inner growth.

You will need:

1. Small terracotta pot
2. Cup of potting soil
3. Recording of toad or frog calls (maybe you're lucky enough to hear them from outside your home)
4. Green tourmaline
5. Packet of forget-me-nots
6. Toad figurine

At dusk, set up a table, preferably outdoors. Fill the pot with soil. Get comfortable and meditate on your goal for a few moments to the throaty call of toads or frogs. When you feel ready, take your green tourmaline and tuck it into the soil. Sprinkle the seeds over the soil and say,

*In the hushed light of dusk, spirit, I call you.*

*In the wee twilight hours, I ask for a boon.*

*With blessings from the toad, I ask for tranquility*

*In knowing what I sow will grow, three times three.*

Place the pot and the toad figure in a sunny window. As the forget-me-nots grow, use them as a visual reminder to take time for your own inner growth.

-Monica Crosson

## **A Kid's View**

**Kids were asked questions about the old and new testaments. The following 25 statements about the bible were written by children. They have not been retouched or corrected. Incorrect spelling has been left in.**

Adam and eve were created from an apple tree. Noah's wife was Joan of ark. Noah built and ark and the animals came on in pears.

## **From 365 Zen daily readings by Jean Smith**

**People's attaining enlightenment is like the moon reflected in water. The moon does not get wet, the water isn't broken. Though it is a vast expansive light, it rests in the little bit of water - even the whole moon, the whole sky, rests in a dewdrop on the grass, rests in even a single droplet of water. That enlightenment does not shatter people is like the moon not piercing the water. People's not obstructing enlightenment is like the drop of dew not obstructing the moon in the sky.**

***Zen Master Dogen (1200-1253), Shobogenzo***

## Inspirational Insults

***"He has no enemies, but is intensely disliked by his friends."***

Oscar Wilde

## Reflections from the Shaman's Hut

By Trent Deerhorn

### Spring Cleaning

We have been getting a lot of home projects done around the house during this pandemic. It seems that if you have time on your hands, your hands get restless. So why not put them to work in different ways and get some of the projects accomplished that you have been saying you will get around to, once you have the time? Well, now we have had the time. So we have done a lot of things, but the most significant is the ripping up of the flooring in the kitchen, entrance and hallway. We are now half done that project, which takes a lot of time. And by "we" I do mean mostly my partner, Rod. I am useless when it comes to certain things, and flooring is one of those things. I make sure he has breaks and that the coffee is on and that if anything stronger is required it is provided. BUT I also do other things while he is doing that sort of project.

For example, our dining room has been irking me for some time now. There was a lot of clutter and I was finding that every time I walked into that room I would feel claustrophobic. So I began to design in my mind how I wanted it to look. Once I had a vision, I began to look around and note all the things that did not contribute to that vision. The garbage bin began getting really full. The second hand thrift store began receiving a lot of donations from our household. Friends began being offered things that they may find useful or that may bring them joy now



that we were done with them. Pretty soon, that dining room was beginning to look somewhat sparse.

But we were also in the middle of a renovation, so there was a lot of debris from that piling up in the dining room as well. The process was, therefore, very slow at first, but this last weekend I was able to put the final touches on it, still having room for a small pile of floor tiles and tools etc in one corner. We are not done quite yet though, because we have a rather cumbersome recliner chair that needs to be exited from the space. We are hesitant, because our dog, Freddy, LOVES THAT CHAIR. That is where he spends a LOT of time when everyone in the house is at work or out. He actually got quite upset when something got placed on the chair for a day without his permission. Once I noticed what it was that was upsetting him, I move the object from the chair to the floor. He immediately jumped up and snuggled down for a nap, completely content. But we do have a plan. You see, there is a chair in the living room, as well as a cushy soft ottoman that he loves, that will take up much less space in the dining room when we move the old, battered up chair out. He will still have a nice place to rest while he keeps an eye on the neighbourhood! And once that is done, we will find a more suitable chair for the living room.

The point is, this is a process. It can't happen all in one day. And whenever we do Spring cleaning, we have to keep in mind our vision, the function of the space, and everyone's needs, even if they are our fur babies. This is true of what also happens when we do our own inner Spring cleaning. Be it through diet, fasting, emotional or psychological work, or physical healing, we are cleaning out the old and making space for something preferable. Often when people do that, their focus turns inward quite dramatically. They become unavailable to others for a while. That is alright. It is necessary. But we also have to take others into consideration when we do these things. A simple heads up that this is what I am doing and therefore I will not be available for this or that goes a long way. It also helps because sometimes as we are Spring cleaning our inner world we get crabby with the outer world. If someone knows that this may be happening, they are less likely to take offense at whatever that manifestation of crabiness may be. There will be more of an understanding and a knowing that the storm will pass.

While all that is happening, it is also important to keep the goal in mind; to keep our eye on the prize. That way we can do some inner coaching when the going gets tough. It is not easy to give up things we have loved, such as our favorite junk food. We have to approach that compassionately, and not beat ourselves up for having those cravings. We also don't need to feed those cravings. But we can divert them. The thing is that a lot of folks give up before they have even done half of the work. So we have to not just keep the goal in mind, but have



support around us for what we are accomplishing. Weed out the naysayers and connect with those who understand and will be supportive in their approach to your process.

And although the process may feel long and dragged out, when you reach the finish line it will feel more like it did not take that much at all in order to accomplish it. The Spring cleaning will be complete!

*For more articles from the Shaman's Hut, visit Trent's blog at [www.deerhornshamanic.com](http://www.deerhornshamanic.com)*

## Encouragements for Personal Development:

### Taken from Meditations with James Van Praagh

**Often when a loved one passes, we feel that we have unfinished business with the person. We feel devastated that we may have missed opportunities to share and grow. Understand that we are with family members and friends for many lifetimes, and there will be another life to experience any missed opportunities.**

## According to the Farmer's Almanac 2021:

### Divine Vine



Passionflower, also known as Passion vine, grows in Zones 5-12, although it has a reputation for being content only in tropical climates. It is best suited to a trellis, fence, or other vertical structure so that it does not run rampant over neighboring garden plants. While the Easter lily may first spring to mind when contemplating the observance for which it was named, passionflower has ties to the day as well. Christian lore holds that various parts of the passionflower symbolize aspects of the Passion, such as the flower's corona representing the crown of thorns that adorned the head of Jesus.

### April 11th: New Moon



Begin planting summer bulbs once spring-soaked soil has dried and warmed to about 60 degrees F or more.

### April 22nd: Earth Day



A loblolly pine at the White House is a "moon" tree, one of five species grown from hundreds of seeds that orbited the Moon in 1971 and were subsequently planted across the globe.

### April 26th: Full Pink Moon



Increase the pollination of your garden's plants by installing a backyard bee house for native solitary bees.

## April 30th: National Arbor Day



Working in an office environment that provides a view of trees improves employees' feelings of satisfaction and reduces stress.

## Inspirational Quotes by Alan Chazen

**There seems to be a perverse force that entices man to make incorrect choices in order to obtain instant gratification and sensory pleasure, only to rob him of self-respect, inner peace and long-term happiness.**



### Ask the Shaman: With Trent Deerhorn

I decided that I would like to address something in this segment this month. I have, in a way, addressed it a number of ways through answering peoples' questions over the years. But I think that it is important to be crystal clear about something that we all, in one way or another, bump up against here and there in a variety of ways. For me, it has to do with the attitude that people have that in order to practice Shamanism you have to be of indigenous decent.

First off, we are ALL indigenous to this earth. No one came to this planet from somewhere else and said, "Hey! There is something we can appropriate! It's called Shamanism!" We have all grown up here on this sacred earth. We were all born here on this sacred earth. And the fact that this is true, and that shamanism is all about staying connected to the sacred earth speaks VOLUMES to how shamanism is, in fact, the BIRTHRIGHT of each and every one of us, regardless of the color of our skin or the heritage we have running through our veins. Considering the nomadic lifestyle that has been lived across the planet since time began, we are actually all related. We are ALL ONE. And although we can respect various

cultures, those cultures do not cancel out the fact that we are ALL ONE or that shamanism is the birthright of us all.

Secondly, I find it completely disrespectful towards shamanism itself when people try to make it a politically divisive topic. It shows their ignorance. Shamanism is not about divisiveness at all. And to think that you can inject your divisive politics into something that is so outside of the political arena is arrogant at best and blithely stupid at worst.

Thirdly, most people actually practice shamanism without even knowing that they are doing just that. Do you pray? Shamanism. Do you garden? Shamanism. Do you enjoy music? Shamanism. Do you take walks in the park? Shamanism. Do you bird watch? Shamanism. The list goes on and on and ON. Being natural beings, we are all brought up in an environment that is RICH in shamanism. Do we all become practicing Shamans? No. Why? Well, does having faith automatically make you a Priest or Rabbi? To be a Shaman takes a life of dedication and commitment. Most people can't even achieve that in their marriages. It is about doing all the inner work on a daily basis so that you are strong enough and healed enough to be of any use at all when it comes to assisting others. It is about diving into the darkness...the shadow self...and getting to know it well so that you are not running away from the shadow within someone you are attempting to assist. It is about being brave because you have the experience under your belt, so to speak, and have learned a ton of skills that make you know you can do whatever it takes to get the job done. And it is about celebrating life itself and not allowing yourself to spiral down into depression and apathy for life. Instead you recognize those things at the beginning stage and do something about it, because trying to deny the existence of it serves no-one. But most people are under the delusional belief that they can become a shaman in two years or less at some institute. No. It does not work that way and if anyone tries to tell you it does they are LYING to you. Don't let them steal your money and waste your time. There is no room for a weekend warrior in shamanism. A weekend or two years of training holds nothing to what most Shamans dedicate themselves to. Try 30+ years. Then we are talking. Until then, you are learning and will possibly become a Shaman as you grow over many years. But don't think it is so flippant a procedure that with a few weekend workshops or a couple of years of training and a piece of paper you are suddenly qualified. You are NOT.

## **Tidbits and Tickles:**

**My mom got mad at my dad the other day so she went shopping to relieve her irritation. When she returned home she informed him that she had purchased ten new dresses.**

**"Ten!" he hollered, "What could any woman want with ten new dresses???"**

**My mom calmly replied, "Ten new pairs of shoes."**



## Forum:

We want to hear from you! Your feedback is important to us. Email your comments to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and they will be published in the Forum Section!

## Of the previous Issue:

**Maureen Wrote:** I have always loved Red Jasper. Now I know why. Thank you, Ave!

**Ken Wrote:** I love the funny stuff that you include in this newsletter as much as I do the articles. I had never before heard of a parapsychic. Now I totally appreciate it.

**J.Z. Wrote:** Gail Fulkerson's writings speak to my soul.

**Angella Wrote:** The pointers about self-care were spot on! Thanks, Trent!

**Elisabeth wrote:** A salt shaker to spread tiny seeds. How incredibly innovative!

## Classified Ads

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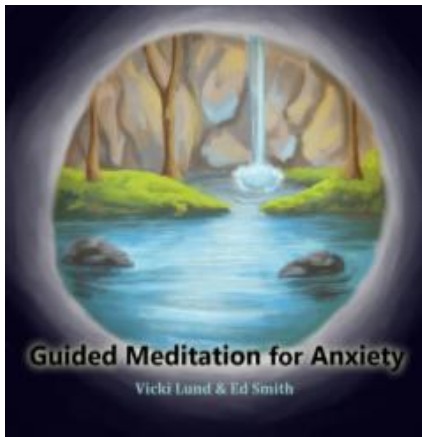
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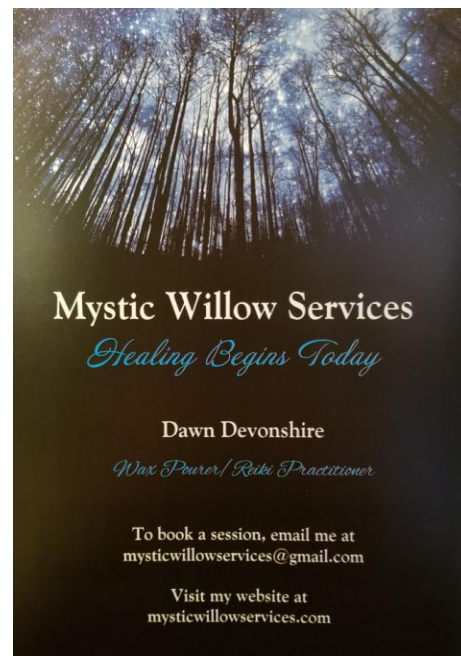
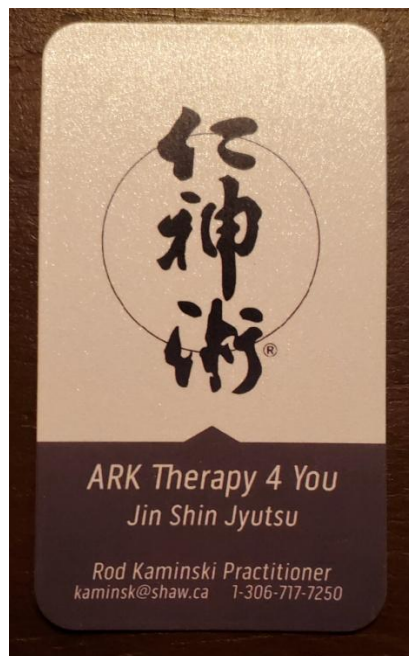
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Hypnosis & Holistic Practitioner

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This professionally recorded 24 minute guided meditation, accompanied by guitar music tuned to the healing frequency of 432Hz, will lead you on a journey to release anxiety.

Meditation by Vicki Lund      Music by Ed Smith  
 Recording studio: Soundlounge by tBone  
 Art work by Jasper Lund of Sleepyturtart  
 Available to purchase by download at <https://wp.me/POvR6-9b> for \$9.95 + PST





## HEALING, MINDFUL JEWELRY WITH CRYSTALS

**Crystals** take millions of years to form underground. The way crystals are formed (by repeating chemical structures) is believed by some to imbue them with the ability to hold energies. There are different types of crystals, depending on the type of mineral it's made from, and conditions it grows in. They are very interactive and rely on you being actively involved in your own spiritual journey. I have always been interested in crystals and rocks. And the time when I've become a Holistic healer, I've learned crystals and connected with them more deeply. I love their looks, texture, and energies. As I'm a creative person, I've decided to introduce crystals to others in a loving look by putting them in wire wrap jewelry. Combinations of different types of metal wire are accenting the stone, and giving them an aesthetic look. In my jewelry I've used real copper wire, which is a metal with health benefits; non-tarnish silver, rose gold, brass and gold plated copper wire, which are permanently coloured and enamelled. Each pendant is very unique. I don't use any patterns to make designs. I just connect with crystal and start creating! If you like a certain piece and it was sold out, I can make a replica with your choice of wire, crystal, size, and design. Wrapping takes some time, I'll say I'm meditating when I'm working with a certain piece. I have a very big variety of colours, shapes, and sizes of crystals. Some of my pendants have found their owners already (as you see **Out of stock** sign). You will like your new little "friend"! Each pendant will be charged with Reiki energy, cleansed and blessed for protection and wellness. It can be charged for a certain name, who will wear it. If you have questions and requests feel free to contact me through text, email or phone. I am taking custom orders on wrapping your own crystals too. Also I can create bracelets, earrings and rings.

Regards, *Marina Cummins*



*Mindful Living*  
Mind, Body, and Soul Healing

Marina Cummins  
Holistic Iridologist, Reiki Practitioner Levels  
1 & 2, Life Balance Energy Practitioner

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## Face Time/Skype with the SHAMAN!



As part of my Shamanic Practice I have, for years, provided long distance healing work for people. This sometimes comes as an energy treatment and sometimes as a telephone counselling session. Well, now there is even another option available! We can now have sessions on Face Time or Skype and you can speak to me face to face! If you are interested in this option, simply email me at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) or phone me at (306) 978.5300 to make arrangements. Blessed Be!

## Flight Newsletter Advertising

All ads must be in by 6pm on the 20<sup>th</sup> of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com).

### **Classified Ads:**

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\$25 for business card size

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\$20 Profit organizations

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